

AL-KHOWF

Fear

AL-KHOWF - FEAR

“It is only Shaitân (Satan) that suggests to you the fear of his Auliya’ [supporters and friends (polytheists, disbelievers in the Oneness of Allâh and in His Messenger, Muhammad SAW)], so fear them not, but fear Me, if you are (true) believers” [EMQ 3:175]

This ayah links the concept of fear to our Imaan.

Our worship of Allah (SWT) is out of fear from Him, love for him and a desire to attain Jannah and to see the face of Allah, all in one, which is the highest type of reward.

Those who say that they worship Allah (SWT) only due to fear from Hellfire are the Khawaarij, whereas those who say that they worship Allah (SWT) only due to their love for Him are the Sufis and those who say that they worship Allah (SWT) only due to their desire to get to Jannah are the murji’ah.

1. Al-Wara’

This is to leave the permissible in cases of doubt of doing the objectionable out of fear to Allah (SWT). To leave what is lawful for the sake of Allah (SWT) is the highest type of fear.

Ihsaan is the highest form of worship i.e. to worship Allah (SWT) as if you see him

For example Abu Hanifah (ra) heard about a sheep that had been stolen in his village so he enquired about the life-span of an average sheep and vowed not to eat meat for that amount of time in case he may eat the stolen one without knowing.

Abu Bakr As-Siddique (ra) was once eating food and it didn’t taste right so he enquired about it from his servant. He found that his servant bought it in a way that was not correct (although being halal). So he put his fingers in his mouth until he vomited the food out.

The Messenger Muhammad (saw) once said:

“Those who have fiqh are better than those who have ilm and those who have wara’ are the best” i.e. to apply the knowledge is best.

Allah (SWT) condemns making that which is halal haram and that which is haram halal. This was revealed in response to the Prophet (saw) being ordered to get Zayd to divorce his wife and for him (saw) to marry her. This showed the people that tradition means nothing and what matters is following the commandments of Allah (SWT).

It is further reported that Abu Hanifah (ra) saw a man with old clothes on so he offered him some money to go and buy new ones. The man declined saying

that: ‘...I am wealthier than you...’ Abu Hanifah asked whether he had heard that Allah (SWT) says: ‘...are you not grateful for the favours upon you...’

2. *Al-Taqwa*

The fear of inner-self, to have the fear of God within yourself.

Ibn Abbas (ra) said that the Messenger Muhammad (saw) said:

“Taqwa haahunah, taqwa haahunah” i.e. Taqwa is within yourself, for Allah (SWT) to see you fulfilling your duties for the right reason.

Moreover the Messenger Muhammad (saw) once said:

‘...fear Allah even if by a small piece of date...’

And Allah (SWT) says in the Qur’an:

“And fear a Day (of Judgement) when a person shall not avail another, nor will intercession be accepted from him, nor will compensation be taken from him nor will they be helped.” [EMQ 2:48]

And:

“And the life of this world is nothing but play and amusement. But far better is the house in the Hereafter for those who are Al-Muttaqûn. Will you not then understand?” [EMQ 6:32]

3. *Al-Khosou*

This is the fear in relation to ritual actions, to have concentration during the ritual acts and to be aware of what you are reciting and to think of it as being applicable to you at that moment. This type of fear is specific to ritual acts (Ibadaat). Allah (SWT) says in the Qur’an:

“Had We sent down this Qur’ân on a mountain, you would surely have seen it humbling itself and rending asunder by the Khushou’ (fear) of Allâh. Such are the parables which We put forward to mankind that they may reflect” [EMQ 59:21]

And:

“Those who offer their Salât (prayers) with all solemnity and full submissiveness” [EMQ 23:2]

And:

“Verily, the Muslims (those who submit to Allâh in Islâm) men and women, the believers men and women (who believe in Islâmic Monotheism), the men and the women who are obedient (to Allâh), the men and women who are

truthful (in their speech and deeds), the men and the women who are patient (in performing all the duties which Allâh has ordered and in abstaining from all that Allâh has forbidden), the men and the women who are humble (before their Lord Allâh), the men and the women who give Sadaqât (i.e. Zakât, and alms, etc.), the men and the women who observe Saum (fast) (the obligatory fasting during the month of Ramadân, and the optional Nawâfil fasting), the men and the women who guard their chastity (from illegal sexual acts) and the men and the women who remember Allâh much with their hearts and tongues (while sitting, standing, lying, etc... Allâh has prepared for them forgiveness and a great reward (i.e. Paradise).” [EMQ 33:35]

And:

“And kill not your children for fear of poverty. We provide for them and for you. Surely, the killing of them is a great sin.” [EMQ 17:31]

And:

“Have you not seen those who were told to hold back their hands (from fighting) and perform As-Salât (Iqâmat-as-Salât), and give Zakât, but when the fighting was ordained for them, behold! a section of them fear men as they fear Allâh or even more. They say: "Our Lord! Why have you ordained for us fighting? Would that you had granted us respite for a short period?" Say: "Short is the enjoyment of this world. The Hereafter is (far) better for him who fears Allâh, and you shall not be dealt with unjustly even equal to the Fatilâ (a scaly thread in the long slit of a date-stone).” [EMQ 4:77]

4. Al-Khashiyyah

This type of fear is related to transactions, whenever you carry out any transaction you should fear Allah (SWT) that you did it in the correct manner without doing any haram.

[Please see [EMQ 4:77] and [EMQ 17:31] above]

Allah (SWT) says in the Qur'an:

“Forbidden to you (for food) are: Al-Maytatah (the dead animals - cattle-beast not slaughtered), blood, the flesh of swine, and the meat of that which has been slaughtered as a sacrifice for others than Allâh, or has been slaughtered for idols, etc., or on which Allâh's Name has not been mentioned while slaughtering, and that which has been killed by strangling, or by a violent blow, or by a headlong fall, or by the goring of horns - and that which has been (partly) eaten by a wild animal - unless you are able to slaughter it (before its death) - and that which is sacrificed (slaughtered) on An-Nusub (stone altars). (Forbidden) also is to use arrows seeking luck or decision, (all) that is Fisqun (disobedience of Allâh and sin). This day, those who disbelieved have given up all hope of your religion, so fear them not, but fear Me. This day, I have perfected your religion for you, completed My

Favour upon you, and have chosen for you Islâm as your religion. But as for him who is forced by severe hunger, with no inclination to sin (such can eat these above-mentioned meats), then surely, Allâh is Oft-Forgiving, Most Merciful.” [EMQ 5:3]

And:

“And from wheresoever you start forth (for prayers), turn your face in the direction of Al-Masjid-al-Harâm (at Makkah), and wheresoever you are, turn your faces towards, it (when you pray) so that men may have no argument against you except those of them that are wrong-doers, so fear them not, but fear Me! - And so that I may complete My Blessings on you and that you may be guided.” [EMQ 2:150]

5. Al-Faza

This type of fear is when you are shaken or shocked and it is of two types:

- (I) *Faza Akbar*, which is applicable in the hereafter and
- (II) *Faza Asghar*, which is applicable in this life. This fear is clearly visible from the expression of ones actions/limbs/appearance.

Allah (SWT) says in the Qur'an:

“When they entered in upon Dâwûd (David), he was terrified of them, they said: "Fear not! (We are) two litigants, one of whom has wronged the other, therefore judge between us with truth, and treat us not with injustice, and guide us to the Right Way.” [EMQ 38:22]

6. Al-Jaza

This type of fear is when you are shivering because you are terrified and is internal i.e. not always visible from ones appearance.

Allah (SWT) says in the Qur'an:

“Irritable (discontented) when evil touches him” [EMQ 70:20]

7. Al-Hara

This is when you fear something and due to this fear you are compelled towards that thing in surrender, bringing you closer to it knowing that you are overpowered and defeated by it.

Allah (SWT) says in the Qur'an:

“And his people came rushing towards him, and since aforetime they used to commit crimes (sodomy, etc.), he said: "O my people! Here are my daughters (i.e. the daughters of my nation), they are purer for you (if you

marry them lawfully). So fear Allâh and degrade me not as regards my guests! Is there not among you a single right-minded man?" [EMQ 11:78]

And:

"So they (too) made haste to follow in their footsteps!" [EMQ 37:70]

8. Al-Hala

This is when you fear from something and run away from it because of fear.

Allah (SWT) says in the Qur'an:

"Verily, man was created very impatient;" [EMQ 70:19]

9. Al-Rahbah

This is the fear of scaring or terrifying (your enemy).

Allah (SWT) says in the Qur'an:

"And make ready against them all you can of power, including steeds of war (tanks, planes, missiles, artillery, etc.) to threaten the enemy of Allâh and your enemy, and others besides whom, you may not know but Allâh does know. And whatever you shall spend in the Cause of Allâh shall be repaid unto you, and you shall not be treated unjustly." [EMQ 8:60]

And:

"And Allâh said (O mankind!): "Take not ilâhaîn (two gods in worship, etc.). Verily, He (Allâh) is (the) only One Ilâh (God). Then, fear Me (Allâh swt) much and Me (Alone), i.e. be away from all kinds of sins and evil deeds that Allâh has forbidden and do all that Allâh has ordained and worship none but Allah" [EMQ 16:51]

And:

"Verily, you (believers in the Oneness of Allâh - Islâmic Monotheism) are more awful as a fear in their (Jews of Banî An-Nadîr) breasts than Allâh. That is because they are a people who comprehend not (the Majesty and Power of Allâh)." [EMQ 59:13]

10. Al-Rou'ob

This is the fear of horrifying which is greater than terrorising.

In a Hadith narrated by Jabir Ibn Abdullah (ra) and collected in Bukhari, it is reported that the Messenger Muhammad (saw) said:

“I have been given 5 things never given to any Prophet before me... (including) ...victory by 1 month travelling distance from reaching the enemy etc...”

And Allah (SWT) says in the Qur'an:

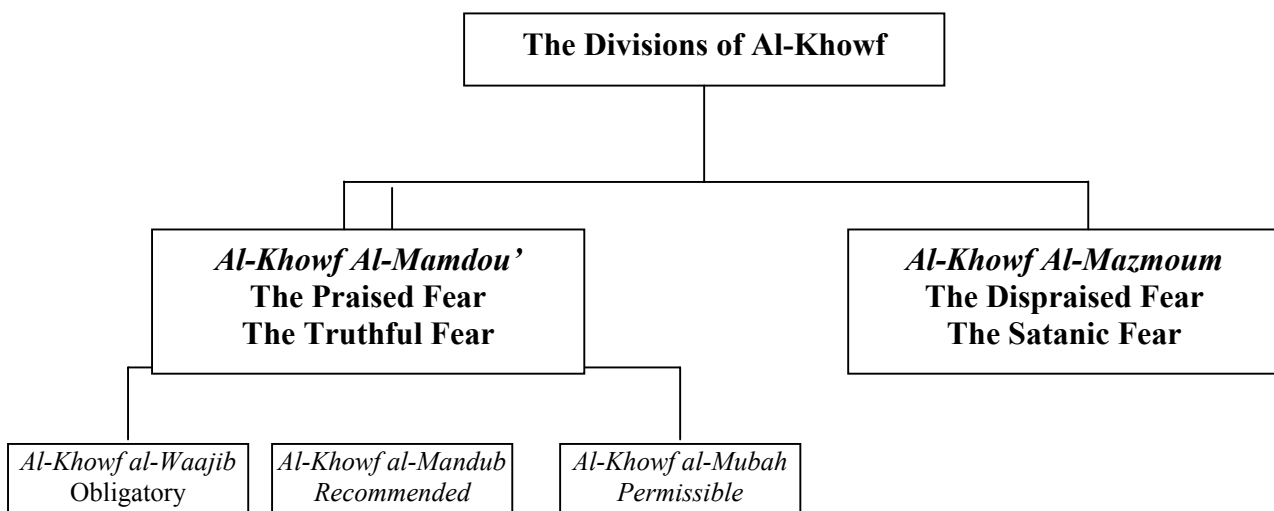
“(Remember) when your Lord inspired the angels, “Verily, I am with you, so keep firm those who have believed. I will cast terror into the hearts of those who have disbelieved, so strike them over the necks, and smite over all their fingers and toes.” [EMQ 8:12]

And:

“He it is Who drove out the disbelievers among the people of the Scripture (i.e. the Jews of the tribe of Banî An-Nadîr) from their homes at the first gathering. You did not think that they would get out. And they thought that their fortresses would defend them from Allâh! But Allâh's (Torment) reached them from a place whereof they expected it not, and He cast terror into their hearts, so that they destroyed their own dwellings with their own hands and the hands of the believers. Then take admonition, O you with eyes (to see).” [EMQ 59:2]

And:

“And those of the people of the Scripture who backed them (the disbelievers) Allâh brought them down from their forts and cast terror into their hearts, (so that) a group (of them) you killed, and a group (of them) you made captives.” [EMQ 33:26]



Causes of fear

1. Fear of death
2. Fear of pain and suffering (torture)
3. Fear of harm

4. Fear of losing beloved one
5. Fear of losing property
6. Fear of losing benefit

The fuqaha say that there are many things you can say when under torture/duress but you cannot say any shirk as there is no excuse for this whatsoever. Any amount of torture should not cause you to lose your Imaan. It may be allowed to say kufr during such extreme circumstances but not shirk.

The kuffar world-wide control the causes of fear (above) nowadays, which is why they have so much control over the people. They inflict or threaten to inflict the above causing fear among the people.

Allah (SWT) says in the Qur'an that if the Qur'an were revealed to the mountain, it would have so much khusou and khasrah that it would crack (see EMQ 59:21).

It is imperative for our Ibadaat and general awareness of Allah (SWT) that WE also have khusou.

Allah (SWT) says in the Qur'an:

“The believers are those who have khusou/khasiah in their salat”

And the Messenger Muhammad (saw) said in relation to prayer:

“Shaytaan can catch you on salat ul-Fajr and Isha ...but you can never have an excuse for salat ul-Asr”

And:

“Its better for you to have a member of your family killed than to miss salat ul-Asr”

It is not allowed for parents to expose their children to things that put fear into them (e.g. by putting them in the cellar or exposing them to the idea of monsters etc...). In addition parents can discipline children at 7 and even lightly beat them at 10, as stated by the Messenger Muhammad (saw). [Observing strict conditions, e.g. without to leave any marks on their bodies, not doing so when they are angry and avoiding their face and private areas etc...]

The Signs of Fear:

1. In ones Face:

The Eyes open/widen and ones Heart reaches the throat

Allah (SWT) says in the Qur'an:

“When they came upon you from above you and from below you, and when the eyes grew wild and the hearts reached to the throats, and you were harbouring doubts about Allah” [EMQ 33:10]

Other physical signs include a cold sweat, the hair standing on its end, biting ones tongue, chattering teeth, quivering lips and stuttering

2. On ones Skin:

The skin may turn red or yellow or pale or blue

3. On ones Body:

This could be by shivering or weakness or urinating or even by ejaculating (according to the Ulema)

4. On ones Internal body:

This could be through ones heart beat increasing, by butterflies in the stomach, through shortness of breath, via a dry mouth/throat, by high blood pressure or through heavy breathing

Beyond this a person may faint, lose sanity and could eventually die.

How to kill the causes of Fear:

For The fear of death:

1. The Messenger Muhammad (saw) said:

“Remember death, the destroyer of all desires”

And:

“Whoever fears Allah (SWT), Allah (SWT) will make everyone fear him”

In the Hadith collected in Bukhari, narrated by Buraydah, the Messenger Muhammad is reported to have said:

“I forbade you to visit the graveyards, now you can visit them so that you may remember death”

NB. This applies to women as well as men except that no one is allowed to wail there.

In a Hadith collected in Ahmed and narrated by Anas (ra), the Messenger Muhammad (saw) said:

“I forbade you to visit the graveyards, now visit them for it will make your heart softer and you will remember death and do not say any bad words.”

As Muslims we love death for the sake of Allah (SWT) and fear the consequences of death, not death itself.

Abu Dharr al-Ghafaari was asked what three things he liked most to which he replied: ‘...*hunger, illness and death*...’

2. Participate in Salat ul-Janazah and the Ghushl of the mayyit (i.e. dead person)

The Messenger Muhammad (saw) said:

‘...seek death (for the sake of Allah) and Allah (SWT) will grant you more life’

And He (saw) said that from the people of paradise only the shaheed (martyr) would want to come back to this life because he enjoyed his death.

3. Visiting the graveyards
4. Carrying daw’ah and commanding the good & forbidding the evil
5. Going to Jihad

For The fear of pain and suffering:

1. Visit the Mareed (i.e. ill person)
2. Care for the ill people (look after them)
3. Make Dua

The Messenger Muhammad (saw) said:

“Whenever you are ill you get reward for every suffering and shouting/agonny that you have from your illness, it acts as a kaffarah for you”

And

“If you visit a person who is ill ask him to make dua for you”

And

“If a woman dies out of carrying/delivering a baby she dies shaheed”

It is reported that the Sahabi Abu Dharr al-Ghafaari loved sickness.

The Messenger Muhammad (saw) said:

“The mercy of Allah (SWT) is when He gives sickness to someone on his deathbed”

And

“If your last word was the kalima then you will enter paradise”

A woman, who was suffering from fits, once came to the Messenger Muhammad (saw) to ask him to make dua to cure her illness. The Prophet (saw) gave her two options, to either make dua for her or to suffer/persevere and have forgiveness for her sins. She opted for the latter and said that: ‘...I will have sabr but just make dua that when I have the fits my aworah will never be uncovered...’ Indeed that is exactly what happened and even when she died her aworah could not be uncovered, for ghusl, by the people.

For losing beloved ones:

You must love to lose them for the sake of Allah (SWT)

For losing benefit:

For example

1. Wealth/money
2. Land/houses
3. Food
4. Transport

It is reported that a woman’s husband once died during a battle and she had many children, the sahabah did not know how to tell her – however she said: ‘...don’t worry I never considered him as my provider anyway, I just saw him as someone who came here to eat...’

By Al-Zuhud

Al-Zuhud is to the one detached from the dunyah. Omar (ra) was known as the Zaahid as he only possessed the clothes on his back. In addition it is stated that Ali (ra) once said that he had made talaaq from the dunya!

How to fear Allah (swt) (developing characteristics inherent to do this):

1. To have Tawheed in Allah (SWT) and to understand his names and attributes. To elevate Allah (SWT) in all His names, attributes and actions. If you understand that He is the one who provides, takes life and gives life etc... then you will remove any fear of the dunyah/creation/man.
2. To have al-Ihsaan i.e. to worship Allah (SWT) as if you see Him
3. Fear from omitting obligations and fear of doing anything prohibited

4. Maintaining the nawaafil and mandoub i.e. recommended actions
5. Remembering death

The Messenger Muhammad (saw) said:

“Remember death the destroyer of all desires”

6. Remember the punishment and reward

It is narrated that Bilal (ra) was once asked: *“Oh Bilaal! What made you so strong during all the suffering that they gave you in Makkah? And He said; ‘...Whenever they used to punish me I used to envisage Jannah awaiting and whenever they put the rock on me I saw hell, hence the rock had no pain on me”*

7. To have Tadabbur of the Qur’an

To understand and to have khushou in reciting it, understanding it and acting upon it.

8. To have scholars

Accompany them and listen to them, they will teach you how to fear Allah (SWT) by telling you the halal and the haram.

9. Through Self accountability

10. By engaging in Daw’ah and in Jihad